

## SHOUT OUT!



This month, our Grand prize winner was **Gina** at our Mariposa Dental Clinic “Thank you for going above and beyond for our elderly patient who needed a little more patience and help. Amazing patient care.”



Runners-up included:

**Christina** Sonora Dental, “You are amazing. Thank you for taking care of our patients.”

“Shout out to **Melissa** from the San Andreas Optometry Office for helping me out while we were short staffed.”

I enjoy reading all the encouraging comments our staff have to say about each other! Thank you to all of our nominees and those who take the time recognize them for their hard work.

John

## Meet Artist Bobby Von Martin Commissioned by the MACT Board

Bobby’s exceptional works of art will don the walls of the MACT administrative building and along the walls of the Miwuk Cultural Museum.

Bobby is an enrolled member of the Choctaw Nation of Oklahoma. He resides in Fresno, CA with his wife Soupie and three children: Nicholas, Bobby Jr and Vonna Lee. Bobby is a registered artist of the Choctaw Nation.

His work has been seen worldwide and has made many publications in Native American Magazines. He is the 2021 Horizon Artist of the year recipient. Bobby is currently working on illustrations for a book with one of the largest publishers worldwide, Harper Collins Publishers LLC. The book is due to be available in spring of 2024.



His painting titled “English Only” sits in the Hall of Chiefs in Washington DC at the USDA building. Bobby is known for the impact he makes in the native community with the unique art he creates of real native people, for the native people.

He is also a public speaker on suicide, alcohol and domestic violence awareness. He travels up and down California and through to Oklahoma teaching art to young students and elders, and spreading his love of art. In his spare time he likes to work on his classic cars with his children and gives back to the community as much as he can.



## MAY is MENTAL HEALTH AWARENESS MONTH

Relaxation Tips from Sara Ray, LCSW  
Director of Behavioral Health

**Mindfulness isn’t just meditation.** You can be mindful and approach the world with a grateful perspective which will help change the mood. One way to practice gratitude is to identify 5 things you are grateful for every day. Most of us can find things to be grateful for hot coffee, the smell of breakfast cooking, the water in the shower, the car starting, a roof over our heads, food in our bellies, partners, children, animals, breath, bodies that move us, beauty around us, freedom, sun, wind, rain, etc...

**Mindful exercise:** Close your eyes, and put your hand on your belly, Breathe in through your nose for four seconds, pushing the breath to the diaphragm (you should feel your stomach expand), hold breath for four seconds, push the breath slowly through your mouth for four seconds and pause for four seconds. Repeat two or more times, feel the body relax. You can add guided imagery to it by imagining yourself in your most favorite or sacred space while doing the breath exercise. Or you can imagine the stress leaving your body on the exhalation. You can even do both.

From the Desk of  
*John Alexander*  
Executive Director

Sometimes when we think of our “health,” we neglect our “Mental Health.” From relaxation to celebration, we must balance everything we do.

This month’s newsletter presents a few things for consideration and reflection!

# GROUND BREAKING CEREMONY

Monday, June 5, 2023 | 11:00 a.m.

64 SOUTH MAIN STREET  
ANGELS CAMP, CA 95222

*Please join MACT Health Board, Inc. in a celebration as we break ground on our new Miwuk Cultural Museum.*

RSVP by May 25, 2023

## RSVP

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**MACT** Mariposa  
Amador  
Alpine  
Calaveras  
Tuolumne  
**HEALTH BOARD, INC.**  
A Non-Profit Tribal Corporation

# GROUND BREAKING

MIWUK CULTURAL MUSEUM

## LIGHT TACO QUINOA SKILLET



### INGREDIENTS

- 1 lb. 96% lean ground hamburger
- 1 small onion, diced
- 1/2 red bell pepper, diced
- 2 tsp garlic, diced
- 1/2 tsp. salt
- 1 packet taco seasoning, or 1/3 c.
- 1 tsp. cumin
- 15 oz. can crushed tomatoes
- 10 oz. can spicy enchilada sauce
- 1/2 c. water
- 2 c. quinoa, rinsed
- 4 oz. can diced green chilies
- 14.5 oz. can diced tomatoes
- 1 avocado, diced
- 1/4 c. cilantro, chopped
- 1 lime

### INSTRUCTIONS

1. In a non-stick skillet over medium-high heat, sauté the hamburger, onion, bell pepper, garlic and salt for 3 minutes.
2. Add the taco seasoning and cumin and cook for an additional 2 minutes. Remove meat mixture from the pan.
3. Add the crushed tomatoes, enchilada sauce, water, quinoa and green chilies and stir until well combined. Cook for 5 minutes over high heat, stirring frequently. Reduce the heat to low and cook covered for an additional 15 minutes. Stir occasionally so the sauce doesn't burn to the bottom of the pan.
4. Add the meat mixture and diced tomatoes to the quinoa and cook covered for an additional 10-15 minutes or until quinoa is sprouted. Top with avocado, cilantro and the juice of a lime.
5. Serve immediately.

**Mariposa Dental is coming along!**  
Stay tuned for the Grand Opening Date!



### Upcoming Events

June 5 -  
Miwuk Cultural Museum  
Ground Breaking 11am

September 29-  
Health and Wellness Fair  
10am-2pm Boulder Plaza

October 14-  
Health and Wellness Fair  
San Andreas Gathering Area  
10am-2pm

November 3rd-  
Health and Wellness Fair  
10am-2pm Mariposa Facility

*Stay tuned for more details for our upcoming Health and Wellness Fairs!*